



Victim Offender Dialogue (VOD)

PREPARATION PACKET FOR THE INCARCERATED INDIVIDUAL OR PAROLEE

I/I's NAME: Click or tap here to enter text.

LOCATION: Click or tap here to enter text.

DATE OF FIRST MEETING: Click or tap here to enter text.

NEXT PREP MEETING DATES: Click or tap here to enter text.

1. Tell me about your family:
Click or tap here to enter text.
2. Give as detailed a description ***as you wish*** of the crime you committed:
Click or tap here to enter text.
3. A.) Has your story about the crime changed since the first time you told it?
Click or tap here to enter text.

B.) If yes, how and why has your story changed?
Click or tap here to enter text.
4. What is your understanding as to why you committed this crime?
Click or tap here to enter text.
5. What kind of reactions do you experience when you think about your crime, for example, nightmares, depression, anger, etc.?
Click or tap here to enter text.
6. What has been the worst part about committing this crime and the aftermath for you?
Click or tap here to enter text.
7. How have your relationships with family and friends changed since your crime?
Click or tap here to enter text.
8. Can anything positive come out of the crime your committed? If so, what?
Click or tap here to enter text.
9. What other events of loss or trauma have you experienced in your life?

Click or tap here to enter text.

10. How do you normally cope with losses or traumatic events you have experienced in your life?
Click or tap here to enter text.

11. Rate yourself on the following "Feelings" scale regarding how often you experience these emotions within the past three months on a daily basis:

Depression	Low	Med	High	Not Sure
Anger/Rage	Low	Med	High	Not Sure
Helplessness	Low	Med	High	Not Sure
Frustration	Low	Med	High	Not Sure
Bitterness	Low	Med	High	Not Sure
Fear	Low	Med	High	Not Sure
Guilt	Low	Med	High	Not Sure

12. What are your thoughts and feelings regarding the victim of your crime?
Click or tap here to enter text.

13. What thoughts and feelings do you imagine the victim(s) has about you?
Click or tap here to enter text.

14. How do you imagine meeting with you might make a difference for the victim?
Click or tap here to enter text.

15. How might meeting with your victim(s) make a difference for you?
Click or tap here to enter text.

16. Do you have any concerns this Dialogue could be harmful to you? If so, in what way?
Click or tap here to enter text.

17. What support do you have available for the Dialogue process? What might you need from your support people during this process?
Click or tap here to enter text.

18. Is there anything you would like to be able to give back to the victim(s)?
Click or tap here to enter text.

19. During the meeting with the victim, what can you do or say to show remorse and be accountable for your actions?

Click or tap here to enter text.

20. Why do you want to participate in a victim/offender dialogue?
Click or tap here to enter text.
21. What questions or concerns do you want to address in this dialogue? Include any concerns, large or small, that you may have.
Click or tap here to enter text.
22. What if your expectations are not met? What then?
Click or tap here to enter text.
23. How much do you want to know about the victim and the impact of your offense? Are you open to hearing whatever the victim wishes to share with you?
Click or tap here to enter text.
24. Are you willing to participate in preparation processes and a follow-up to the dialogue?
Click or tap here to enter text.

Think about the following potential "Risks and Benefits" as you consider if this process is beneficial for you:

Potential Risks

1. Bringing up painful feelings related to your offense.
2. Re-experiencing your offense.
3. Learning painful new information about the victim and the impact of your offense.
4. Unrealistic expectations in regard to what the victim is wanting.

Potential Benefits

1. Expressing remorse directly to the person you harmed.
2. Learning new information about the victim that is helpful.
3. Discovering ways to repair the harm you caused.
4. Experiencing a greater sense of peace.

Sample Goals:

1. To share with the victim(s) you regret what happened and to apologize.
2. To hear and better understand how your actions have harmed them.
3. To help the victim(s) understand who you are, and how you were able to commit the crime against them.
4. To share with the victim(s) **what you have learned** as a consequence of being convicted of this crime, treatment programs you have taken, etc.
5. To reassure the victim(s) about your future intentions – that you will not harm them, or others, again.
6. To **thank** the victim(s) for meeting with you.